

Session 1: Overview of PTSD and CPT

Practice Assignment:

Please write at least a one-page statement on *why* you think your most distressing traumatic event occurred. You are *not* being asked to write specific details about this event. Write about what you have been thinking about the *cause* of this event.

Also, consider the effects this traumatic event has had on your beliefs about yourself, others, and the world in the following areas: safety, trust, power/control, esteem, and intimacy.

Bring this statement with you to the next session. Also, please read over the two handouts I have given you on PTSD symptoms and Stuck Points (Handouts 5.1 and 5.2), so that you understand the ideas we are talking about.

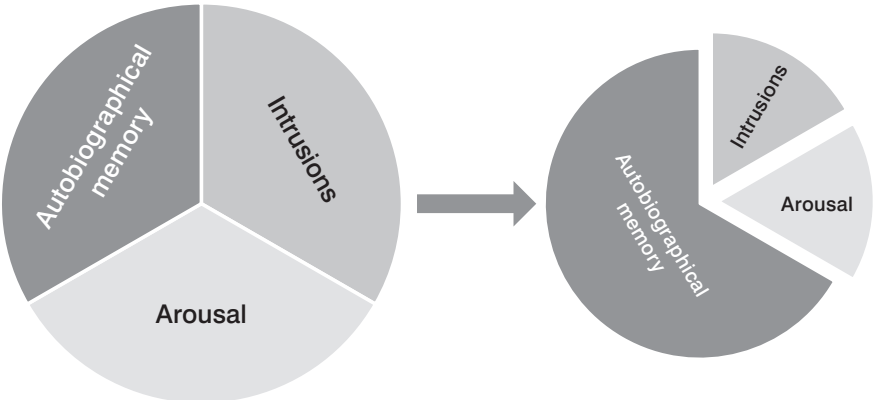
Session 1 Handouts:

5.1: Recovery or Nonrecovery from PTSD Symptoms Following Traumatic Events

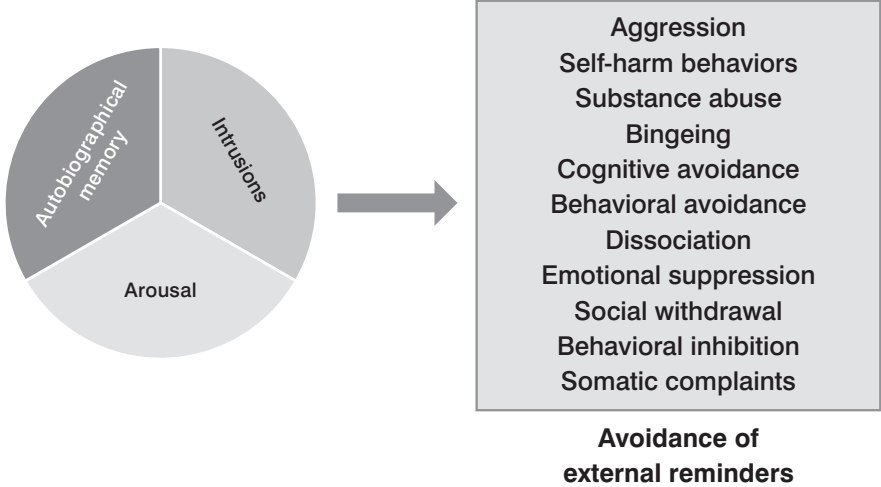
5.2: What Are Stuck Points?

HANDOUT 5.1
Recovery or Nonrecovery from PTSD Symptoms
Following Traumatic Events

In normal recovery, intrusions and emotions decrease over time and no longer trigger each other.



When intrusions occur, natural emotions and arousal run their course and thoughts have a chance to be examined and corrected. It is an active “approach” process of dealing with the event.



However, in those who don’t recover, strong negative emotions lead to escape and avoidance. The avoidance prevents the processing of the trauma that is needed for recovery, and it works only temporarily.

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HANDOUT 5.2
What Are Stuck Points?

Stuck Points are:

Black-and-white

Thoughts, not feelings

All-or-nothing

Thoughts behind moral statements or the Golden Rule

“If-then” statements

Not always “I” statements

Concise